Asthma
Action Plan

Your Name:
Main Contact: GP / Nurse:
Date plan issued:

My daily asthma medications are:
1. 
2. 
3. 
4. 
5. 

My asthma triggers:

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**Explanation of different treatments**

**PREVENTERS**

Work by reducing the amount of swelling and mucus in the airways.

It is important to take this medication regularly even, when you feel well.

**RELIEVERS**

Open the airways and make it easier to get air in and out of the lungs.

This helps to relieve the symptoms and help you feel better.

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BreatheEasy (Fife) Support Group recommend sharing your Personalised Asthma Action Plan with others significant to you and your care, for example spouse, family, friend, other healthcare professionals, and ambulance staff.

For further information on inhalers, inhaler technique demonstrations and self-management tips, visit www.mylungsmylife.org. This comprehensive free to use website is for anyone living with asthma.

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**Action plan for controlling your asthma**

<table>
<thead>
<tr>
<th>What you feel</th>
<th>What you do</th>
</tr>
</thead>
<tbody>
<tr>
<td>No symptoms</td>
<td>Continue with daily preventer inhaler as prescribed</td>
</tr>
<tr>
<td>Asthma symptoms</td>
<td>Take 4 puffs of reliever inhaler 4 times a day for ..... days. Contact your GP / Nurse / NHS24 (call 111) for advice if needed</td>
</tr>
<tr>
<td>Breathing is fast and hard. Reliever (inhaler) is not helping at the above dose</td>
<td>Take 10 puffs of the reliever inhaler over 10 minutes. THIS IS AN EMERGENCY DOSE</td>
</tr>
</tbody>
</table>

If you need to repeat the emergency dose within four hours you need to seek urgent medical advice.
If you are gasping for breath you must phone 999 for an ambulance and continue to take one puff of your reliever inhaler every minute until help arrives.

⚠️ If you have been admitted to hospital as a result of your asthma, please seek an appointment with your GP / Practice Nurse within 48 hours of discharge.
My best peak flow is ____________

My **preventer** inhalers are called: ____________

I take ______ puff/s of my preventer inhaler in the morning and ______ puff/s at night.

I do this everyday even when I feel well

My **reliever** inhaler is called: ____________

I take ______ puff/s of my reliever inhaler when I wheeze or cough and / or I find it hard to breathe.

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I know my asthma is getting worse if:

- I have a cough, wheeze, find it hard to breathe or my chest feels tight
- I wake up at night because of my asthma - often with a cough
- I am taking my reliever inhaler everyday
- My peak flow is less than ____________

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I will know I am having an asthma attack if I have any of the following:

- My reliever inhaler is not helping
- I can’t talk or walk easily
- I am breathing fast and hard
- I am coughing and wheezing a lot
- My peak flow is below ____________

When this happens:
1. **Start my steroid tablets:**
   - Take ______ tablets (____...mg) once a day for ______ days
2. **I will take 1 puff of my reliever inhaler every minute (max of 10 puffs) until I feel better.**

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When this happens:

I keep taking my preventer inhaler as normal
And also take ______ puff/s of my reliever inhaler 4 times per day for ______ days

If no improvement after ______ days
- Phone the surgery for advice
- Make an urgent appointment
- Start steroid tablets:
  - Take ______ tablets (____...mg) once a day for ______ days and inform ____________

If I am not getting any better I should see my doctor / nurse or NHS24 (on freephone 111)

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I am feeling better but I don’t want this to happen again so I need to ____________

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I still don’t feel better and I have taken 10 puffs.
If you have had to repeat the dose within 4 hours

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Call 999 straight away
If I wait more than 15 minutes I take 1 puff of my reliever inhaler every minute until the ambulance arrives

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Remember to take your inhaler with a spacer if you have one for optimum benefit